



SUMMER 2013

Food Skills Project

Chickpea, Tomato and Feta Salad

1 540mL can cooked chick peas
1 ½ cups cherry tomatoes
½ cup feta cheese, crumbled
3 tbsp chopped fresh parsley
2 tbsp olive oil
2 tbsp fresh lemon juice
Salt and pepper to taste

Drain and rinse chickpeas. Slice tomatoes in half and add to the chickpeas along with all the other ingredients. Toss lightly and serve.

Recipe courtesy of Nelson Food Cupboard's Front Line Manager Jenny Erickson.



We are excited to announce the launch of our Food Skills Project. We are offering our customers a series of workshops that focus on how to grow, prepare and preserve healthy food. Workshop topics include composting, gluten free cooking, gardening in small spaces, bread, pruning and more. Workshops are led by experts from within the local community. Support for this project comes from the Columbia Basin Trust Social Grants Program and from the Kootenay Co-op. According to one participant, "I have come away from both workshops with more knowledge, enthusiasm and tools for self-sufficiency...this project is making a substantial difference."

CanadaHelps.org makes online giving easy. Search for "Nelson Food Cupboard". Select the "donate monthly" option to make an ongoing contribution.

*This first workshop was conducted in a manner that **restores human dignity** and fosters communal cooperation and involvement.*

-Food Skills workshop participant



Rancho Vignola Nut Sale

Once again this year we will be selling Rancho Vignola nuts and dried fruits as a Nelson Food Cupboard fundraiser. This nut sale is a terrific way to support the Food Cupboard and get high-quality nuts and fruits at the same time. Prices are similar to those in grocery stores but the profits go to the Food Cupboard. The order form will be available from our website (www.foodcupboard.org) in early September.

Harvest Rescue



Sophie DePauw sorts produce donations

Our Harvest Rescue program is up and running! In early July Sophie De Pauw was hired as this year's Harvest Rescue Coordinator. So far, volunteers have harvested cherries, transparent apples and plums. The Harvest Rescue Program sends out crews of volunteer fruit pickers and divides the produce equally between the Food Cupboard, the volunteer and the homeowner. Do you have excess fruit? Call Sophie to register: 250-551-8343.

Welcome Kim!

Kim Charlesworth has been hired to replace outgoing Coordinator Anna Kirkpatrick who will be returning to school in September. Kim has extensive experience working with community organizations and has a passion for local food security. We are excited to welcome her to the Nelson Food Cupboard.

\$29,557:
total value of
food donated so
far in 2013.

24% of Food
Cupboard
customers are
employed but
make less than a
living wage.

We offer at
least **5 fresh
fruit and
vegetable**
items each day
we are open.

About **20%** of
the Food
Cupboard's
customers are
children.

7,133:
number of
separate
customer visits
so far in 2013.

64% of Food
Cupboard
customers have
lived in the Nelson
area for more than
five years.